

RAPID FAT LOSS TRAINING PLAN FOR WOMEN

Training Session 1: Hamstrings, Gluteus and Lower back					
Exercise	Muscle Group	Sets	Reps	Rest	Note
Walking Lunges	Quads, Hamstrings & Glutes	4	20	30 sec	Knees at 90 deg. Knee never goes past the ankle.
Squats	Quads, Hamstrings, Glutes & Erector Spinae	3	10	30 sec	Don't arch your back, look up. Motion is as if you are sitting down into a chair.
Leg Curls	Hamstring, Glutes	3	12	30 sec	Slow and controlled.
Leg Extension	Quads	3	12	30 sec	Slow and controlled.
Adductors (Machine or Cable)	Adductors	3	30	0 sec	Superset.
Abductors (Machine or Cable)	Abductors	3	30	30 sec	Superset.
Back Extensions	Erector Spinae	3	10	30sec	Slow and controlled.
Training Session 2: Chest, Triceps and Shoulders					
Exercise	Muscle Group	Sets	Reps	Rest	Note
Flat Bench Press with dumbbells	Pectorals, and to a lesser extent the Triceps	3	10	30 sec	Curl your hands inward at the end of the press.
Vertical Chest Press	Pectorals	3	12	30 sec	Seated in the machine, arch your back slightly, keeping your shoulder blades and buttocks firmly against the seat. Lower the bar to end at chest level. Push the bar back up but do not lock elbows.
Cable Crossovers	Pectorals	3	10	30 sec	Control the entire movement.
Dumbbell Upright Row	Traps & Delts	3	10	0 sec	Superset.
Seated Military Press	Traps & Delts	3	10	30 sec	Contract your abs as you press to ensure back support.
Reverse Tricep extensions	Triceps	6	12	30 sec	3 sets per side.
Seated Tricep Press	Triceps	4	12	30 sec	Sit on a bench with a straight back, feet flat on the floor, back firmly against the bench. Grasp one end of a dumbbell with both hands (palms up) and raise it above your head, locking elbows, hold in place squared, slowly lower the dumbbell behind your head until you feel a stretch in your triceps. Press weight back up, slight arc until the elbows lock and the weight is once again above your head.
Training Session 3: Back, Biceps and Calves					
Exercise	Muscle Group	Sets	Reps	Rest	Note
Lat Pull Down	Lats and to a lesser extent the Biceps	3	10	0 sec	Superset.
Seated Row	Rhomboids & Biceps	3	10	30 sec	Superset.
1 Arm Row on Bench	Rhomboids & the Lats	6	10	0 sec	Continuous alternation 3 sets per side.
Barbell Curls	Biceps	3	10	30 sec	Slow controlled movements on contraction and relaxation.
Alternating Dumbbell Curls	Biceps	3	20	30 sec	Seated.
Cable Double Bicep Curls	Biceps	3	10	30 sec	Slow controlled movements on contraction and relaxation.
Seated Calf Raises	Gastronemius & Soleus	3	10	30 sec	Seated calf machine, ensure that you are on tip-toes. Be sure to really flex your calves at the top of this movement for a one-count with upward movement.
Angled Single Calf Raises	Gastronemius & Soleus	3	15	30 sec	Same as above, but point toes inwards and outwards.